

DISCOVER
CIOCIARIA

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CIOCIARIA

OUTDOOR ACTIVITIES
AND NATURAL WONDERS

CIOCIARIA

Land of Unique Panoramas and Incredible Experiences

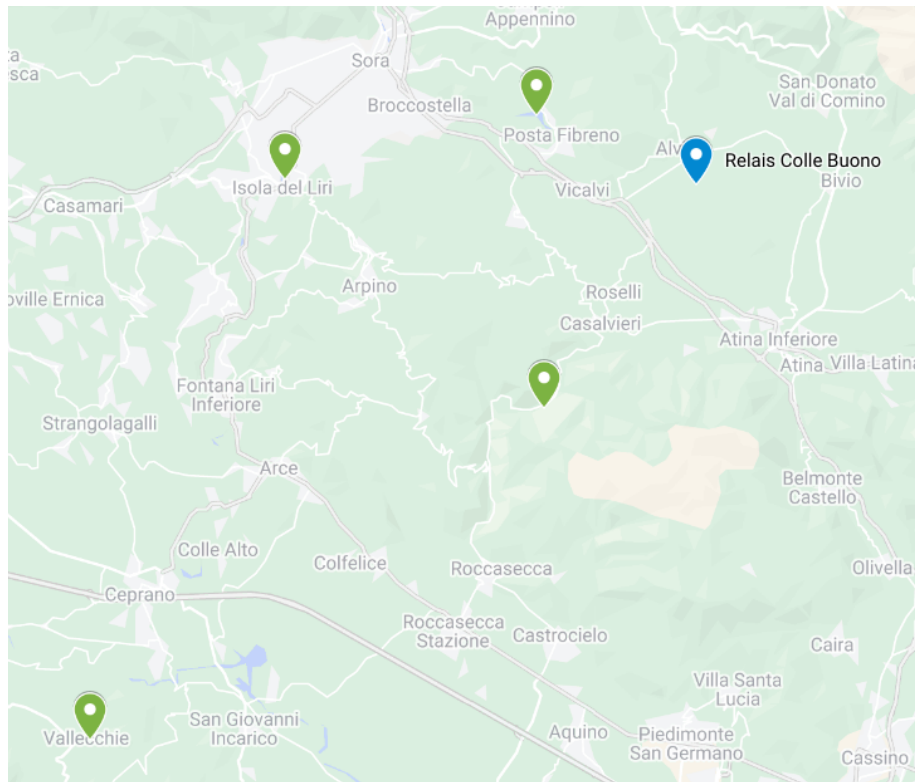
Ciociaria, an enchanting region in the heart of central Italy, is renowned for its rich history, characterized by ancient castles, majestic residences, and a unique cultural heritage.

Located between the Amalfi Coast and Rome, Ciociaria attracts visitors with its breathtaking landscapes, green hills dotted with medieval villages, and testimonies of Renaissance art and architecture.

Its castles, remnants of a glorious past, tell stories of noble families and epic battles, while historic residences bear witness to the elegance and taste of past centuries.

Exploring Ciociaria means immersing oneself in a timeless atmosphere of charm, where history harmoniously blends with the beauty of nature.





NATURAL WONDERS

- ☐ THE ISOLA DEL LIRI WATERFALL
- ☐ POSTA FIBRENO LAKE
- ☐ THE PASTENA CAVES
- ☐ THE MELFA GORGES



THE ISOLA DEL LIRI WATERFALL

The Isola del Liri Waterfall is a natural wonder nestled in the heart of Ciociaria. With its majestic waters plunging among the buildings of the historic center, this waterfall offers a breathtaking spectacle and an unparalleled romantic atmosphere, making Isola del Liri a must-visit destination for nature and beauty lovers.

POSTA FIBRENO LAKE

Posta Fibreno Lake is an oasis of peace and tranquility immersed in the pristine nature of Ciociaria. Its crystalline waters reflect the intense green of the surrounding hills, creating a scene of rare beauty. Here, nature lovers can enjoy moments of relaxation and outdoor activities such as walking, birdwatching, and kayaking.

THE PASTENA CAVES

The Pastena Caves are a complex of limestone caves that extend for kilometers beneath the earth's surface. With their extraordinary stalactites and stalagmites and their underground lakes with crystal-clear waters, these caves offer a unique journey into the world of natural wonders, providing unforgettable experiences to anyone who visits them.

THE MELFA GORGES

The Melfa Gorges are an imposing gorge carved into the heart of the mountain by the force of the Melfa River's water. With its rocky walls rising for tens of meters and the river flowing impetuously within, this gorge offers a breathtaking spectacle and is an ideal destination for trekking, climbing, and canyoning enthusiasts.



THE ABRUZZO, LAZIO, AND MOLISE NATIONAL PARK

The Abruzzo, Lazio, and Molise National Park is a true natural paradise that encompasses a vast mountainous and wooded area in the heart of central Italy.

With its breathtaking landscapes, ranging from mountain peaks to deep valleys and crystal-clear lakes, the park offers a variety of habitats that host extraordinary biodiversity.

Here, you can venture along well-marked hiking trails, spot wildlife such as bears, wolves, deer, and golden eagles, and fully immerse yourself in pristine nature.

In addition to its scenic beauty, the park also preserves a rich cultural and historical heritage, with ancient villages, medieval castles, and traces of ancient Italian civilization.

Thanks to its vastness and the variety of its attractions, the Abruzzo, Lazio, and Molise National Park is a must-visit destination for nature lovers, adventure seekers, and culture enthusiasts.

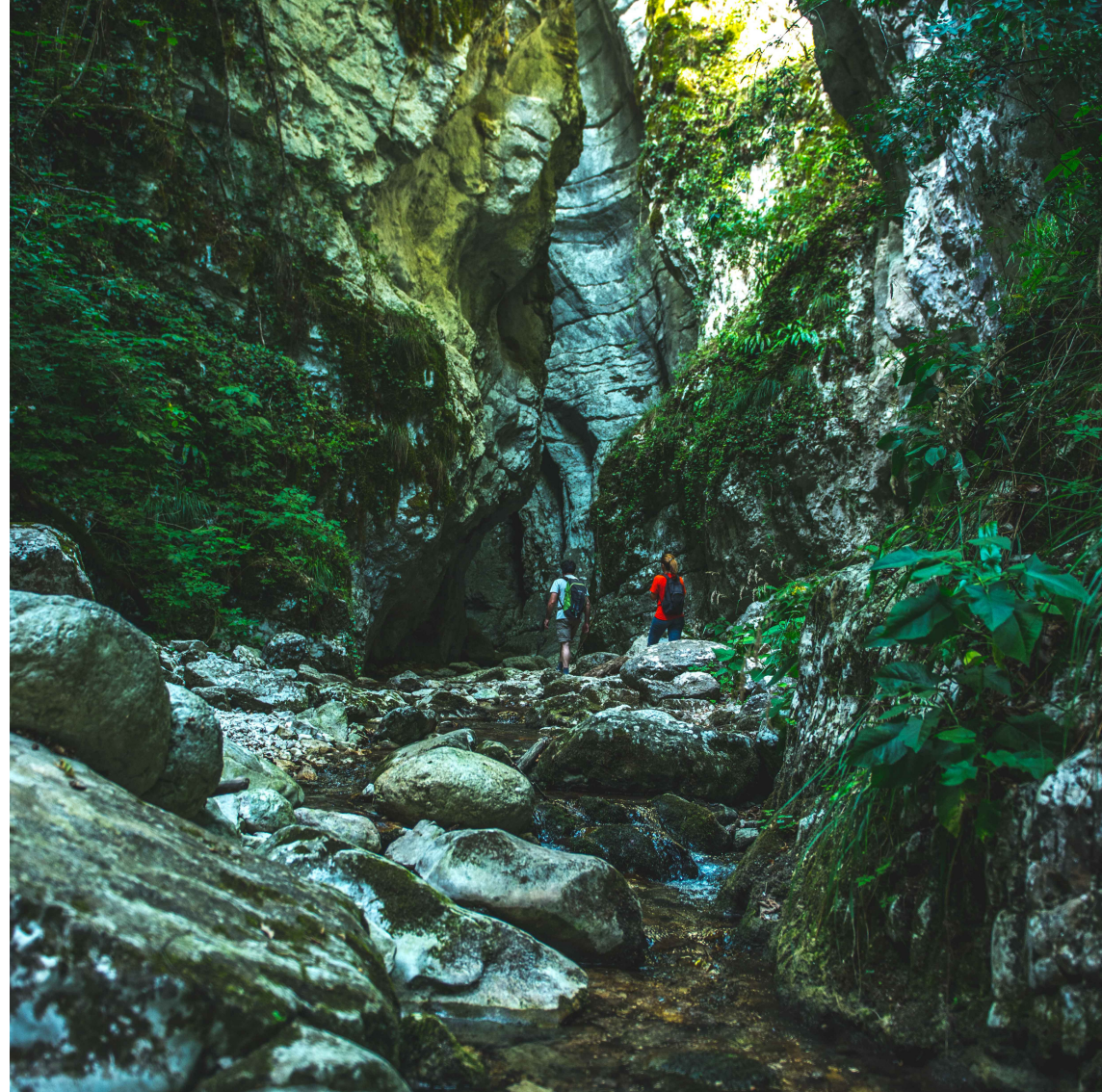
OUTDOOR

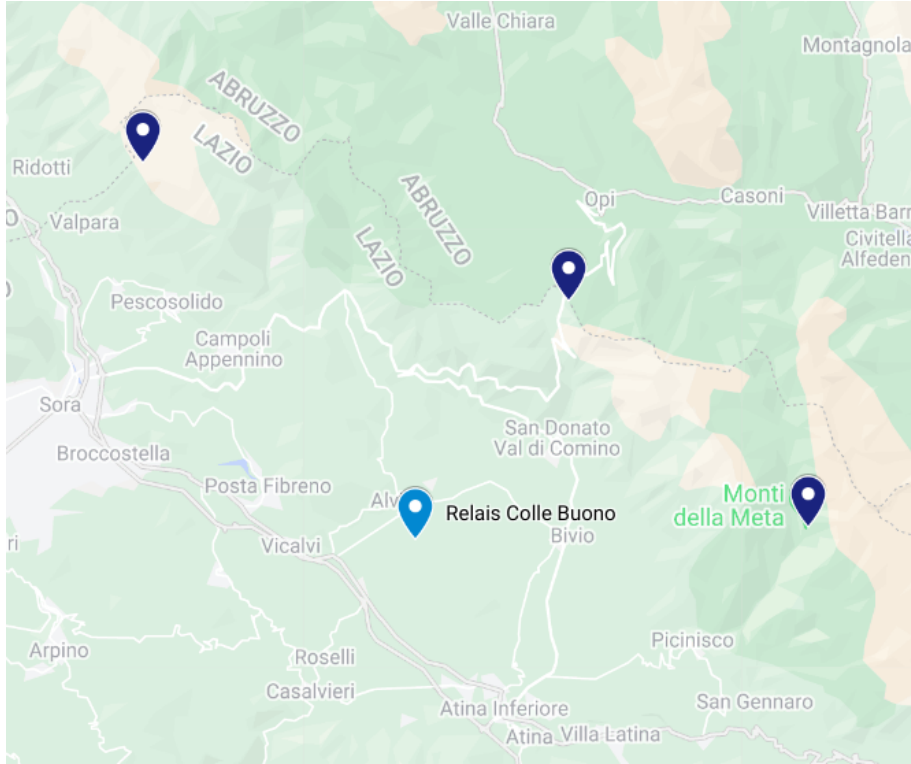
**Discover Ciociaria on foot, by bicycle,
and on horseback.**

Ciociaria offers a wide range of exciting outdoor activities for nature and adventure lovers.

Hiking trails that traverse its hills and mountains offer breathtaking views and the opportunity to explore medieval villages and hidden archaeological sites along the way. Cycling tourism is equally popular, with routes winding through vineyards, olive groves, and hilly landscapes. For those who enjoy horseback riding, there are numerous equestrian facilities that offer guided excursions through forests and countryside.

During the winter, the ski resorts of the Ernici Mountains offer snowy slopes and opportunities for alpine skiing and snowboarding, while in the summer, you can also play golf. For the more adventurous, there are also opportunities for skydiving and paragliding, providing a unique and unforgettable experience above the breathtaking landscapes of Ciociaria.





OUTDOOR ACTIVITIES

- ☐ THE META MOUNTAINS
- ☐ THE SIMBRUINI MOUNTAINS
- ☐ FORCA D'ACERO PASS
- ☐ THE WAY OF ST. BENEDICT



THE META MOUNTAINS

The Meta Mountains are a mountain range located between Lazio and Abruzzo, characterized by wild and unspoiled landscapes. These towering peaks offer spectacular views of the surrounding nature and are a destination for hikers and mountain lovers seeking adventure and breathtaking scenery.

THE SIMBRUINI MOUNTAINS

The Simbruini Mountains are another mountain group stretching across central Lazio, characterized by majestic peaks and lush forests. This mountainous region is famous for its picturesque landscapes, hiking trails, and rich biodiversity, offering an oasis of tranquility and natural beauty for anyone who decides to explore it.

FORCA D'ACERO PASS

Forca d'Acero Pass is a mountain pass that traverses the Simbruini Mountains, offering a spectacular panoramic view of the valley below. This pass is a crucial crossing point for hikers and outdoor enthusiasts who wish to explore the beauty of the surrounding mountains and enjoy the sense of freedom that only the mountains can offer.

THE WAY OF ST. BENEDICT

The Way of St. Benedict is a trail that follows in the footsteps of the patron saint of Italy along the lands where the Benedictine monk was born and raised. Crossing the Simbruini Mountains and other sacred locations, this route offers a unique opportunity for pilgrims and spiritual travelers to follow in the footsteps of St. Benedict and immerse themselves in the history and spirituality of his life and works.